

Study on the influencing factors of students' subjective happiness in higher vocational colleges

Li Dan^{1,2,a*}, Suhaidah Tahir^{1,b}

¹ City Graduate School, City University Malaysia, Kuala Lumpur, Malaysia

² School of Economics and Management, Jiangxi Technical College of Manufacturing, Nanchang, China

Abstract: The purpose of this study is to explore the factors affecting the subjective well-being of higher vocational college students and make suggestions for improvement. In the article, we will explore how to improve vocational students in order to promote better achievements in their future work. We will look at exploring how to better meet their needs in this situation and help them do better in their work. Our goal is to enable more people to have a better work experience and benefit from it.

1. Introduction

Over the years, China's higher vocational education has made remarkable achievements, but there are still challenges. To achieve the goal of Made in China 2025, we must rely on high-quality vocational education. Therefore, the research on the subjective happiness of higher vocational college students will help to explore more ways of improvement, so as to improve the quality of higher vocational talent training.

2. Overview of subjective well-being

2.1 The meaning of subjective well-being

The study of subjective well-being in the modern sense in foreign countries began in the 1960s, marked by "Factors Related to Self-Belief in Happiness" written by Wilson for the first time ^[1]. Subject happiness refers to the entire assessment of the quality of life according to their own goals. This is the definition of Diener that is recognized in the psychology field, and is a major comprehensive evaluation index to quantify individual quality of life ^[2]. Subject happiness generally includes two basic components of survival satisfaction and emotion, the former is the comprehensive perception assessment of the quality of life, that is, the level of individual daily life; the latter refers to the daily life, divided into positive mental emotion (joy, pleasure, etc.) and depression (depression, anxiety, stress, etc.). Subject happiness is not only the most important goal of individual daily living standard, but also the measure of individual mental health level. In order to promote individuals' physical and mental health, improve their quality of life, and build a better society, we

must conduct scientific exploration of subjective happiness to meet the needs of both theory and practice.

2.2 Research significance of subjective well-being

In 2019, The General Office of the State Council published the Reform and Development Plan of Vocational Education in China, emphasizing that vocational education and general teaching are two equally important forms of higher education. With the increasing economic and social requirements for the training of technical personnel, the important position and role of vocational education have become increasingly prominent ^[3]. After systematic research, we found that when assessing the subjective well-being of students in higher professional universities, our leadership and teachers should be full of attention, and take different measures to achieve effective training, so as to promote the development of all aspects and achieve a win-win situation. It is expected to increase some practical support for improving the comprehensive subjective well-being of higher vocational students. It is expected to increase some practical support for improving the comprehensive subjective well-being of higher vocational students.

2.3 The role of subjective happiness education

Due to the acceleration of internationalization today, China is facing unprecedented challenges, one of which is the lack of talents with good professional and comprehensive ability. In order to meet this demand, higher vocational education institutions should increase their investment in the training of graduates, so that they can better adapt to today's complex market environment, and can better establish good conduct in their spare

* Corresponding author: ^a lidanbest@yeah.net, ^b phdectu@gmail.com

time."Good products are made by good people."It aims to help teachers and students in secondary vocational schools develop good moral qualities, while" subjective happiness education "emphasizes" subjective happiness education " -to- -lead to promote its own development."Chinese traditional virtue" put forward the "etiquette" and "virtue" put forward "abc", can be used as an effective method to promote the concept of "Chinese traditional virtue", and promote the implementation of the "etiquette", so that the concept of "virtue" become an efficient, sustainable, significance of moral guidance.

3. The main factors influencing the subjective well-being of higher vocational students

3.1 Students' own goals are unclear

As most vocational students do not have a clear development direction, many students have formed extreme weariness, which makes their minds under great pressure. In addition, since most college graduates have low scores in the college entrance examination, these students do not have much passion and motivation to explore, nor have a clear vision for development when they go to college. With the opening of colleges and universities, many students' learning mode and their initial stage have been improved. However, due to the lack of good study habits and effective rules, some students are easy to fall into inefficient academic difficulties, unable to concentrate and focus on the task, so that they have the status quo of weariness, and bear great psychological pressure^[4].

3.2 Employment pressure

Due to the development of education, the current job-hunting field has become more complex, especially for higher vocational students. Although their income level is average, they rarely have access to better opportunities due to their family background and economic poverty, which greatly affects their employment prospects^[5]. Moreover, their subjective well-being was greatly affected by the lack of adequate support in their family and society. With the existence of "depressed", "tragedy" and "great pressure", today's vocational students can not get enough security and satisfaction, so that they can not get real happiness and a sense of achievement.

3.3 Inferiority complex

Due to the concept of "colored glasses" and the idea of "difference", makes many vocational students into a deep "identity inferiority" mood, they generally feel their cultural literacy and intelligence level is far lower than other peers, thus make their respect heart was great contusion, their studies and interpersonal communication has a huge negative impact, thus make them more lack of confidence, thus making them more likely to fall into a "inferior" mood. For those college students with negative

thinking, they often lose courage because of inferiority, lose confidence, which leads them to fall into a state of pain, depression and despair, which seriously damages their inner happiness^[6].

3.4 Family environment and economic conditions

Family background is very important to children's personality development, one of the two most important elements is the family atmosphere, parents education method and children to the heart of social responsibility, identity, and the social responsibility, sense of responsibility to others, social responsibility and cognition of their social responsibility, these will have a positive impact on the children's mental health. Different social backgrounds have different effects on the mental health of higher education graduates. Many studies have shown that graduates from poor families often have a harder time achieving true spiritual satisfaction. The likely reason is that many graduates come from rural areas, their socioeconomic conditions are relatively poor, and their minds are often not easily happy. With the development of The Times, many higher vocational students indulge in the pursuit of short-term achievements, and the continuous pursuit of wealth. This situation has become a normal state, and this pursuit of wealth mentality is closely related to their happiness^[7].

3.5 Higher vocational education is not competitive

With the rapid development of social economy, many higher vocational colleges lack clear development goals, lack of solid historical background and distinctive culture, make its lack of enough innovation spirit and practical experience, so that the lack of enough competitiveness, thus affecting the connection with the market economy, also weakened its integration with the society, making it in inferior competition in the field of talent employment, so that it lost its due status. Obviously, this pressure cannot be ignored.

4. Measures to improve the subjective happiness of higher vocational students

4.1 Guiding the establishment of reasonable goals and promoting students' personal development

By setting clear and effective goals, students are encouraged and supported to pursue a more perfect future, and a complete, sustainable and effective growth plan is established for them, so that they can reap the joy of success from it. In order to cultivate vocational skills more effectively, we will adopt a number of measures, including: on the one hand, we will provide a comprehensive career planning course, so that students can accurately grasp their own career potential and make

reasonable career choices and development plans in combination with external career needs; Second, through professional introduction, inviting business people to give lectures, excellent alumni returning to school and other forms, help students understand the prospects of professional development, guide students to improve their learning strategies, stimulate students' enthusiasm for professional learning, enhance their confidence in career development, and set personal development goals; Third, strengthen professional humanistic quality education, cultivate students' good professional consciousness, professional ethics, professional ideals, professional spirit and professional attitude, and provide strong spiritual motivation and sustainable development ability for students' future development.

4.2 Improving the Employment Competitiveness of Higher Vocational College Students

Improve the employment competitiveness of higher vocational students. At the moment of fierce competition in employment, it may not be easy for higher vocational students to apply what they have learned and find a satisfactory job after graduation, which will directly lead to a sharp increase in employment pressure of higher vocational students and affect their happiness level. In order to effectively relieve students' employment pressure, we suggest establishing a career guidance center to effectively plan and guide their career development. In this way, they can not only get the latest employment recruitment information, but also actively participate in the recruitment activities of enterprises, so as to enhance their competitiveness, and constantly improve their comprehensive quality through continuous internships, exchanges and cooperation, so as to obtain good work experience, thus effectively meeting the needs of enterprises and obtaining good remuneration. In order to better cultivate students' ability, we will invite outstanding alumni and experts from various industries to discuss and share their knowledge, broaden their horizons, enhance their ability, and provide them with a feasible development path. On the other hand, in addition to cultivating students' ability, schools should also help students establish a relatively clear and realistic self-orientation, so as to prevent students from having unrealistic expectations for future work and missing suitable employment opportunities or jobs. Schools should not only make students become talents, but also make students aspire to, that is, plan their studies and life reasonably, have ideals and ambitions, define their life goals, and improve themselves in a targeted manner. In specific social practice activities, let students know about society and find their own life orientation and development direction. We are committed to cultivating students' career dreams and let them develop excellent workplace ethics. We are also committed to making appropriate personal development plans to promote the development of workplace education and let more people benefit from this approach. If our children get more respect in the workplace, their happiness will be greatly improved.

4.3 Strengthen the Education of "Three Views"

Strengthen the care students psychology in order to improve the quality of the "through" course, we should pay attention to and guide the most vocational students to correctly view their environment, and encourage them to think, to analyze, to summarize, and to understand, to accept, to enhance their social sense of responsibility, the spirit of unity and collaboration, and encourage them to embrace challenges, to bravely accept the challenge. In the process of education, attention should be paid to cultivating students' ability to think differently and help them get rid of selfish prejudice. In solving the problem of negative mentality, children should learn how to treat problems objectively and accurately, and actively solve them. At the same time, the advantages of campus culture should be used to encourage children to participate in community activities and enhance their inner happiness. In order to enhance students' subjective well-being, it is necessary to strengthen the connection with other social forces, especially to the school and its related family environment. Through the correct guidance of parents and teachers, higher vocational students can better adapt to different challenges, and get more help and spiritual comfort. Through the establishment of a perfect social media, it can greatly enhance the recognition of institutions of higher education, let students embrace themselves, obtain substantial psychological comfort, stimulate a strong self-confidence, and then obtain a good psychological state, and finally achieve the maximum self-realization.

4.4 Pay attention to special student groups and give humanistic care

In order to better care for and protect those children who need better support, we need to value and provide more thoughtful services. We should establish a comprehensive training mechanism to provide better education for those children from poor families. We should also inspire and inspire ambitious, brave and responsible children. In order to enable challenging students to succeed, we should provide effective tutoring, including making effective study plans, providing reasonable mental support, providing effective solutions, and taking effective measures to relieve stress and enable them to complete tasks more easily and benefit from them. To improve students' mental health, we need to establish a psychological counseling service network consisting of various departments and dormitories to better help them solve their problems. In addition, we should also take a variety of measures, including offering psychological courses, providing psychological training and community support, to help students master the relevant psychological skills and improve their own psychological state. A few students with extremely severe conditions should receive professional psychotherapy to help them get out of trouble more quickly and get more happiness and satisfaction.

4.5 Strengthen school education and create a good atmosphere

Strengthen school education and create a harmonious cultural atmosphere. In our daily life, we can divide education into two categories: direct, tangible, and non-formal. Directly, for example, in class, we explain knowledge about how to improve an individual's subjective well-being, which is formal education. But, in everyday social environments, we may find that some things may be swayed by our underlying desires. Learning is a process that needs to be recognized, and it can make us better adapt to the development of the society. We need to take everything around us seriously, whether purposefully or unpurposefully, and always trying to adapt. In this way, we can really integrate our thoughts into the society. Because of the importance of the latter, its role cannot be ignored. However, as a teacher, we should not only take effective guidance measures, but also accept students with civilized, respect, sincere, cooperation and etiquette attitude, so as to establish a good relationship between teachers and students. In universities, campus culture plays a vital role, which can not only guide our daily life to study, but also profoundly change our way of thinking. It is also a spiritual bond, which enables us to better understand the world around us. Therefore, universities should organize colorful extracurricular practical activities, such as participating in various teams and theme class meetings, to promote communication and cooperation between us and let us know each other better. Universities should not only try to give students plenty of practical opportunities, such as participating in various types of scientific and technological projects, joining various volunteer teams and participating in various short-term enterprise internships, but also cultivate their abilities, enhance their self-confidence and make them feel really happy through these methods. In addition, universities also need to pay attention to the material and cultural environment of the campus, and create a warm and loving atmosphere through effective layout, elegant decoration, comfortable environment, rich curriculum and healthy entertainment activities. By providing positive emotional support, we can enhance our personal happiness.

5. Conclusion

Higher vocational students are a special group, there are a general lack of learning and academic self-concept problems [8], we need to further dig. Through this study, we found that there are some problems with students' subjective well-being, and that these problems may lead to their low mood. We believe that these issues can be addressed by improvement. In the future teaching, we should further strengthen the teaching reform, improve students' competitiveness, stimulate learning interest and learning motivation, establish a good relationship between teachers and students and students, improve the hardware and software facilities, improve students' satisfaction and sense of identity to the school, and constantly enhance students' subjective happiness.

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